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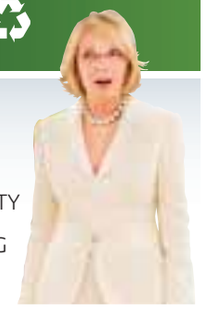
PAGE 11



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A dog at the Saskatoon SPCA waits for someone to find him a new home. Animal-protection agencies across Saskatchewan are reporting increases in animal-cruelty cases this year. JANE CAULFIELD/METRO

Cases of animal cruelty up in the province

Agencies see increase. More people concerned about animal welfare, know how to report problems, Humane Society spokesman says

JANE CAULFIELD
jane.caulfield@metronews.ca

A long, cold winter coupled with watchful neighbours may be the reason why animal-protection agencies in Saskatchewan are seeing significant increases of animal-cruelty cases in 2013.

"We were running pretty steady with worries of frostbite and animals of inadequate shelter," said Saskatoon animal protection officer Stacey Greke.

The Saskatoon SPCA reports an 86 per cent increase in the number of cruelty cases during the combined months of January and February from 2012 to 2013.

The Regina Humane Society reports a 13 per cent increase for the first three months of 2013, when compared to the same time period in the previous year.

"Because the temperatures were cold for so long.... When the temperature is -38 C or -40 C suddenly (people) are concerned because it's so much colder out, and what was maybe adequate last year didn't seem as adequate this year," said Greke.

Don Simons, director of communications for the Regina Humane Society, said while the long winter is a contributing factor to the sharp increase in cruelty cases, the key is generally more people are concerned about animal welfare and know to report problems.

"I think a large part of it is that we work very hard on the education of the public.... People are more likely now to call about a dog that they see left out in the cold," said Simons.

WITH FILES FROM THE CANADIAN PRESS

Horses and livestock

89%

On Monday, the Saskatchewan SPCA reported that the number of cruelty cases involving horses and livestock jumped more than 89 per cent for the first three months of 2013 when compared to the same time period in 2012.

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Province poised to prosper through Manitoba tax hike

Steve McLellan, CEO of the Saskatchewan Chamber of Commerce, says Manitoba's PST increase will probably prompt an exodus of some Manitobans to Saskatchewan. ALYSSA MCDONALD/METRO

Setting up shop in Saskatchewan.

Difference of three per cent in PST will likely prompt move west, business and tax experts say

ROSS ROMANIUK
Metro in Regina

One province's tax-related loss, it appears, is another province's gain. And already-booming Saskatchewan stands to prosper much more because of Manitoba's new hike of its PST.

The increase of Manitoba's provincial sales tax to eight per cent from seven per cent, to take effect this summer after it was announced in Winnipeg last week, makes Saskatchewan a far greener pasture for residents and businesses in that neighbouring jurisdiction who are becoming fed up with the levy load.

That's the opinion of the Canadian Taxpayers Federation (CTF) and business leaders who say Saskatchewan's five per cent PST will entice many Manitobans to look westward to prosper, or even to keep their financial heads above water.

"What it will probably do, more than anything, is send people our way who just say, 'Forget it, we've had enough — we're moving our business,'" Steve McLellan, CEO of the Saskatchewan Chamber of Commerce, said on Tuesday in Regina.

"It will be based on frustration, versus simply the economics."

McLellan noted that though a PST alone might not prompt a family or firm to pull up stakes, it's "certainly part of the mix" that can convince someone to cross a provincial boundary.

Colin Craig, Prairie region director for the CTF, said the decision by Manitoba Premier Greg Selinger's government to raise the sales tax — a budget move expected to generate an additional $277 million for that province in the next year — is "great news" for Saskatchewan.

Craig has been forwarded an email sent to Selinger by one fed-up Manitoban.

"Thanks for making it easier to accept a job relocation to Saskatoon," the taxpayer, whom Craig doesn't identify, says in the email.

"The Winnipeg Jets can only carry the mood of the province for so long before they realize your government spending is out of control."

Craig echoed that frustration, saying Saskatchewan will "get a lot of talented Manitobans moving there and investing in that province," and even simply shopping there whenever possible.

"That's quite significant. People will be frustrated," McLellan said of the tax hike on Manitobans.

"And if they come to Saskatchewan, it will be a great decision."

Speeding tickets

Patrol officers get greater powers

Saskatchewan's highway patrol officers now have the power to issue speeding tickets.

Highways Minister Don McMorris says the officers will set up in work zones across the province and issue speeding tickets to any driver exceeding 60 kilometres per hour.

Highway transport patrol officers are considered special constables with the authority to enforce federal, provincial and municipal statutes relating to road transportation and the licensing, registration and operation of vehicles.

The province has implemented new signs and safety devices such as rumble strips as well as deterrents in the form of increased fines.

Last summer's death of 18-year-old Ashley Richards, a flag person working on a road construction site near Midale, sparked the changes.

Photo radar in work zones was announced in the spring budget last month.

THE CANADIAN PRESS/CJWW

A construction crew works on the Circle Drive South project in Saskatoon on Tuesday afternoon. Crews like this could soon be safer after the Saskatchewan government announced that highway transport patrol officers have the authority to issue speeding tickets in work zones. THE CANADIAN PRESS/CJWW

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City making passable progress in pothole-patching plight

Persistent problem.
City says contract workers have been instrumental in effort

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Crews with the City of Saskatoon are making headway fixing potholes on the streets, but officials say there's still a long way to go.

Pat Hyde, branch manager of public works with the city said that, although cold and wet weather has been posing challenges for city and contracted patching crews, they have experienced some success in terms of improving the condition of city streets.

"What we're engaging on is we're addressing the driving lanes of priority streets," said Hyde. "We want to get as much of the driving lanes as possible done as quickly as possible."

A release from the city explained crews should be wrapping up work on Priority 1 streets this week and will continue targeting driving lanes in priority two streets, such as Taylor Street and Clarence Avenue.

"With the augmented forces that we have with the contractors, there's no question we're making a huge dent in the pothole situation, far more than we have in previous years," said Hyde.

"We're not out of the thick of the woods yet, but we are definitely in the battle and we are being able to maintain a much greater driving surface that's safer than it would have been if we had not doubled our forces."

The city is reminding drivers to take care while passing road crews, noting work zones will be marked with pylons, a gate and/or a pilot vehicle. It is illegal for drivers to enter marked work zones, and police will be enforcing laws as they see infractions.

City and contracted street-patching crews are having some success in repairing city streets despite challenges posed by cold wet spring weather. Crews are currently targeting driving lanes on priority one and two streets across the city. JANE CAULFIELD/METRO

Saskatoon Forestry Farm readies for centennial

A cougar watches Zoo Manager John Moran, Tuesday. MORGAN MODJESKI/METRO

The Saskatoon Forestry Farm Park and Zoo (SFFPZ) will be celebrating a milestone in 2013: its 100th anniversary.

Founded in 1913 as the Sutherland Forest Nursery Station, Zoo Manager John Moran said the SFFPZ has come a long way since its beginnings. Next month, they'll be holding a heritage festival to educate the public about the organization's history.

"We're finding that citizens, not only in Saskatoon, but across the province are becoming more and more urban in nature, so having the ability to reconnect with nature, even on a small scale, is a great opportunity," said Moran.

"One hundred years ago, when everyone was living on the farm, it was a totally different concept. But as more and more people move to the city, animals (like) the fox, raccoons, skunks, badgers become foreign to them. Yet they're part of our city life … so it's important they realize this and learn about what's going in their own backyard."

Barrie Meissner, the executive director of the Saskatoon Zoo Foundation, said SFFPZ is readying itself for a bright future.

Meissner explained future plans include a new home for the zoo's wolves and cougars that includes a glass tunnel running through both exhibits. He also said plans to build a wolverine exhibit and an arctic fox exhibit are in the works to provide patrons with better representation of Saskatchewan's carnivores.

When asked how he feels leading the Saskatoon Zoo Foundation as the SFFPZ enters its 100th year, he replied: "It has its own rewards in terms of seeing these things get built.... So, when you can build these things, it's nice to be able to step back and say you were a part of that happening."

MORGAN MODJESKI/METRO

Festival info

The heritage festival is planned for May 26 and includes a number of free activities for the public outside of the zoo from 12 p.m. to 5 p.m.

Residential schools

Judge weighs Métis school-abuse case

Hundreds of Métis who say they were physically, sexually and emotionally abused while attending the Timber Bay residential school in northern Saskatchewan are hoping a judge will certify their lawsuit seeking compensation.

A Saskatoon judge heard arguments Tuesday regarding the 12-year-old class-action suit filed by the Merchant Law Group on behalf of about 2,000 students who attended the Montreal Lake school between 1952 and 1994.

Lawyer Tony Merchant said the judge will then determine whether they can proceed.

The Timber Bay school is one of many the federal government does not recognize as a residential school.

As a result, its former students were left ineligible for compensation under the residential school settlement that awarded $1.9 billion to thousands of victims.

That suit named the churches that ran 140 schools listed in the settlement along with the Canadian government.

"The real injustice was primarily these were Métis people going to those schools, and the Indian Residential Schools got compensation but the Métis schools did not," said Merchant.

"The government has set their own standard, arbitrarily decided that the Montreal Lake residents wouldn't be included."

Merchant has said there are about a dozen other Metis schools in B.C., Alberta and Manitoba that he is seeking similar compensation for.

CJME/THE CANADIAN PRESS

U of S

Professor hailed for digital innovation

University of Saskatchewan professor Sandra Bassendowski, of the school's College of Nursing, will soon join the ranks of the world's most innovative teachers.

Bassendowski was one of five instructors to receive the 2013 Desire2Learn's Innovation Award in Teaching and Learning from the Society for Teaching and Learning in Higher Education.

Bassendowski was recognized for an innovation called Concept Capture, a "multi-dimensional, open, digital learning environment."

Concept Capture focuses on learning spaces that use multiple media sources, like podcasts, Twitter, blogs and wikis, rather than just lecture videos. MORGAN MODJESKI/METRO

Men deny VIA Rail terror plot

Al-Qaida in Iran to blame? Two charged over alleged plan to hit passenger train appear in court

Talk about a media scrum! John Norris, Raed Jaser's lawyer, is surrounded by microphones and cameras at a Toronto courthouse on Tuesday. Jaser is seen in a court sketch at bottom right. Co-accused Chiheb Esseghaier, top right, attended court in Montreal. Both are charged in what the RCMP says is the first alleged al-Qaida plot in Canada. TARA WALTON/TORSTAR NEWS SERVICE (LEFT) AND THE CANADIAN PRESS

Two men charged in an alleged al-Qaida-supported terror plot to attack a VIA Rail passenger train disputed the allegations against them Tuesday as they made their first appearances in court.

Raed Jaser, 35, and Chiheb Esseghaier, 30, are facing several terrorism charges each in what the RCMP is calling the first known alleged plot in Canada directed by the terrorist organization.

Esseghaier, who appeared in court in Montreal, stood calmly in the witness box and asked to address the court.

"The conclusions were made based on acts and words which are only appearances," he said.

The judge, Pierre Labelle, explained it wasn't the right venue for his remarks.

Both Esseghaier and Jaser are charged with conspiracy to murder for the benefit of a terrorist group, participating in a terrorist group and conspiring to interfere with transportation facilities for the benefit of a terrorist group. Esseghaier faces an additional count of participating in a terrorist group.

If convicted, they could be sentenced to life in prison.

Several family members attended Jaser's brief Toronto court appearance.

"Of course I am supporting my son, of course," said his father, Mohammed Jaser, as about two dozen journalists surrounded him. "Let the police do their job."

Jaser and Esseghaier were charged Monday in an alleged plot that the RCMP said involved "direction and guidance" from al-Qaida in Iran.

THE CANADIAN PRESS

Tragic Rehtaeh. Teen's grieving family makes a pilgrimage to Ottawa

Rehtaeh Parsons' family met with Prime Minister Stephen Harper privately Tuesday to discuss changes to the criminal code in the wake of their daughter's death.

Rehtaeh's father, Glen Canning, said after the meeting he doesn't know what the federal government can or will do.

But he said the meeting with Harper was "heartfelt" and he was convinced the Prime Minister cares about his daughter's case.

Rehtaeh's family alleges she was sexually assaulted at a party and images of the 15-year old were transmitted online.

She attempted to hang herself and was taken off life support days later.

The family wants the criminal code changed to stop the Internet transmission of such intimate images without consent.

ALEX BOUTILIER/METRO IN OTTAWA

Nova Scotia Premier Darrell Dexter, right, arrives on Parliament Hill with Rehtaeh Parsons' family on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Boston bombing. Jihad websites were a deadly lure for suspects: officials

The dead Boston bombing suspect, Tamerlan Tsarnaev, was an ardent reader of jihadist websites and extremist propaganda, U.S. officials said Tuesday.

And evidence suggests he and his wounded brother, Dzhokhar Tsarnaev, were both motivated by an anti-American, radical version of Islam, the officials said.

Officials said Tamerlan, 26, frequently looked at extremist sites, including Inspire magazine, an English-language online publication produced by al-Qaida's Yemen affiliate. The magazine has endorsed lone-wolf terror attacks.

Meanwhile, 19-year-old Dzhokhar — suffering from a gunshot wound to the throat — was questioned in hospital by investigators, who let him write down his replies.

They said they were still trying to verify what Tsarnaev told them and were poring over his telephone and online communications.

Dzhokhar has been charged with using and conspiring to use a weapon of mass destruction.

THE ASSOCIATED PRESS

Faraway tears

U.S. investigators travelled to southern Russia on Tuesday to talk to the parents of the Boston bomb suspects.

- **Mother.** The suspects' mother, Zubeidat Tsarnaeva (above), appeared outside her home for the first time since her sons were named as the bombing suspects.
- **Sadness.** She is in "very bad shape" and cries as she watches video of her dead son, said rights activist Heda Saratova.

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War Child. World needs more lawyers to break cycle of violence: Nutt

A longtime humanitarian who helped found the Canadian chapter of the international organization War Child says the world needs more lawyers.

Dr. Samantha Nutt spoke Monday at a Canadian Bar Association event in Saskatoon.

She says war shows no signs of abating, and notes most of the roughly 30 conflicts happening right now are not wars in which there are clearly defined sides or an organized chain of command.

Instead, Nutt says, they are being waged by criminal gangs and the protagonists change day by day.

She says one of the most important steps in breaking the cycle of violence is to partner with civilian groups that are passionate about justice.

She says that includes lawyers and paralegals.

As an example, Nutt points to the war in the Democratic Republic of Congo, where more than five million people have been killed since 1998.

Despite multiple democratic elections and thousands of United Nations peace keepers, Nutt said women in the Congo are subject to rape with extreme violence.

"The Congo is literally overrun with mothers and little girls and infants and grandmothers who have been savagely and brutally sexually assaulted," she said.

"The rule of law and access to justice become key issues when it comes to what is needed and what is likely to be most effective in those environments," Nutt said.

"One of the reasons young boys prey on young girls ... is because they know they will never, ever be held to account." THE CANADIAN PRESS

A Congolese rape victim sits in a tent in a camp for Internally Displaced People in the North Kivu town of Mungote in October 2010, one day after she was allegedly raped by Congolese army soldiers while she was collecting firewood in the bush near the camp. GWENN DUBOURTHOUMIEU/AFP/GETTY IMAGES FIL

The Associated Press photographer Emilio Morenatti runs during a photo session in a Mexico City public park, one year after he lost his leg during an attack while on assignment in Afghanistan. RAMON ESPINOSA/THE ASSOCIATED PRESS

DAY THEIR WORLD CHANGED

The Associated Press war photographer **Emilio Morenatti** lost his leg during an attack while on assignment in Afghanistan. He tells his story to encourage survivors who lost a limb or more in the Boston Marathon bombings

MESSAGE OF HOPE FOR BOSTON SURVIVORS

In the first horrific moments after the Boston bombings, with smoke still billowing around the wounded, I know what is going through the minds of the maimed victims.

They are at once conscious and unconscious. They want to scream, but they cannot scream. They want to wake up from a nightmare, but they are awake.

Overcome with a sense of déjà vu, I feel my past converge with the future of those wounded spectators.

I lost my leg in a bomb blast. I know the violent shock of a day that begins well and ends with an amputation, the fog of drugs and surgery, the months of painful rehabilitation.

I know the suffering that lies ahead for these people in Boston. And I know the possibilities, too.

For those who lost a limb or more in the Boston Marathon, Monday, April 15, 2013, was the day their world changed forever.

Mine changed on Tuesday, Aug. 11, 2009. I had been embedded with the U.S. military for two weeks in southern Afghanistan as a photographer when our eight-wheel armoured Stryker vehicle hit a roadside bomb.

When I came to, my left foot was hanging by a few tendons.

They loaded me onto a helicopter next to a soldier who had lost both of his legs and we locked hands as the chopper took off. The solidarity in that moment is the last thing I remember before waking up in a hospital tent to find my left leg had been amputated below the knee. But fortunately my knee was intact, and that would make a substantial difference in my future mobility, the doctors told me.

The difference between those who lost limbs in Boston and me is that I knew I was taking a risk in a war zone, while they had merely gone out to cheer friends and relatives at a family sporting event. They weren't supposed to be in danger.

For months after the explosion I was tortured by so many "what ifs." I imagine those in Boston whose bodies were torn up by nails or the blasts have similar thoughts: Why didn't I stand at mile 25, go for water, leave earlier, stay home? I would like to tell them that these questions fade as one begins to accept the reality of losing a limb.

I was 40 years old, agile and in good shape. So just a month after the explosion, I put on my first prosthesis and took my first steps. I was determined.

And I was completely unprepared for the difficulty.

It took tremendous strength to learn to walk again. I needed practice, but practice rubbed my wounds raw. Exercise was essential and exercise produced blisters where the prosthesis was joined to my leg — more like hot pain.

Like the amputees in Boston today, 3 1/2 years ago I joined a community to which no one wishes to belong. I have changed over the years, as they will.

For better or worse, I am more vulnerable now. If I were to offer advice, it would be that it's possible to accept help without feeling dependent.

And I would tell them the greatest truth I have learned is that I am a man who had a leg amputated, not an amputee.

I am still a whole person.

Prosthetics

New amputees in Boston will discover that there is a whole world of prosthetics to choose from, says Emilio Morenatti. There are feet made for running, walking, climbing, cycling, even for swimming and golfing. But there's no all-terrain prosthesis, so in the end, he accumulated several.

- Morenatti normally wears a versatile, durable foot, but also carries a spare foot and a special one for running in a backpack. He even has one for roller skating, which, after multiple clashes with trees, parked cars and the pavement, is now one of his favourite sports.

Listen to your father, minister tells NDP MP

Apology. Valcourt says sorry after exchange of words with Ashton over bill protecting matrimonial rights on reserves

Aboriginal Affairs Minister Bernard Valcourt in the House of Commons during question period in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Aboriginal Affairs Minister Bernard Valcourt has apologized after telling an NDP MP to listen to her father about supporting a Conservative bill to protect matrimonial rights on reserves.

Valcourt made the comment in response to criticisms from MP Niki Ashton, whose father Steve Ashton is a cabinet minister in the Manitoba government.

Manitoba has said it supports the Conservative bill, which aims to allow spouses living both on and off reserves the same rights to claim a share of the family's assets in the event of a marriage breakdown.

At committee hearings on the bill Tuesday, Ashton told Valcourt and Status of Women Minister Rona Ambrose to pay more attention to First Nations demands for a national inquiry into violence against aboriginal women.

"Maybe you should be listening to your father," Valcourt responded.

"The legislative assembly of Manitoba … exhorted us to pass Bill S-2."

Ashton immediately responded that she was "offended" by Valcourt's reference to her father.

"If we're talking about paternalism, it takes many forms. Asking me who I talk to or don't talk to from my family is not part of what we're talking about in this committee."

His apology comes less than a month after Valcourt apologized to NDP MP Romeo Saganash for questioning whether the noted Cree leader was of First Nations heritage. THE CANADIAN PRESS

Quoted

"Paternalism is alive and well amongst Harper Conservatives. We saw it in the attitude that came out today, but also in the bill that we're challenging."

NDP MP Niki Ashton, whose father Steve Ashton is a cabinet minister in the Manitoba government. She said the father-knows-best comments demonstrate not just the Conservatives' attitude toward her, but also toward the First Nations women.

A title worth drooling over

Huckleberry is crowned the winner of the 34th annual Drake Relays Beautiful Bulldog Contest, Monday, in Des Moines, Iowa. The pageant kicks off the Drake Relays festivities at Drake University where a bulldog is the mascot. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

Alcohol a factor in school bus's collision with fire hydrant: Police

Police in southwestern Ontario's Chatham-Kent municipality allege a school bus driver had been drinking Monday when he crashed into a fire hydrant with a child on board.

Police were called to the crash scene on a rural line in Raleigh Township around 4 p.m.

Believing the driver was under the influence of alcohol, officers administered a breathalyzer test.

According to police, the driver tested in the "warn" range.

There was a single child on the bus at the time of the accident, but the child was not injured.

Total damage is estimated at $15,000.

The 53-year-old driver was charged with careless driving and was issued a three-day suspension. His name has not been released.

LUKE SIMCOE/METRO ONLINE

Damage

$15,000

Total damage is estimated at $15,000.

Children at risk. Screen time worse than no activity: Study

When it comes to the risk of heart disease in children, too many hours spent in front of TV, computer and video-game screens is worse than other sedentary time like reading a book, a new Canadian study suggests.

Members of TEAM PRODIGY included researchers from the University of Ottawa, Universite de Montreal, Concordia University, Universite Laval and McGill University. The inter-university research team conducted a cross-sectional study of more than 500 white children between the ages of eight and 10 with at least one obese biological parent.

The study showed a negative association between screen time and the heart health of kids.

For example, the study found screen time was linked to lower levels of high-density lipoprotein (HDL) cholesterol — known as "good" cholesterol — which seems to help protect against heart disease.

A new study shows a negative association between screen time and the heart health of children. PHOTO ILLUSTRATION BY PETER MACDIARMID/GETTY IMAGES

In the study, screen time represented 55 per cent of the kids' sedentary activities, which involve little physical movement and a low expenditure of energy. Researchers found 40 per cent of kids met the guidelines of screen time use, which recommends two hours or less of screen time daily.

THE CANADIAN PRESS

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Lewd photos. Threat of distribution enough to coerce girls, says prof

Threats to distribute naked pictures of six teen girls allegedly made by two accused teen pimps would have been enough to coerce the girls into prostitution, a University of Ottawa bullying expert said on Tuesday.

"The shunning and fear of that instils more fear than having a sexual encounter with a stranger. That speaks volumes," said Tracy Vaillancourt, with Canada Research Chairs, who studies bullying and peer victimization.

"Girls bully other girls and call them sluts. That's the worst that you could be called, in a sense," she said, pointing out the alleged victims would have an easier time keeping one-on-one sexual encounters private than having lewd photos of themselves distributed online.

"They threatened to steal my stuff and tell people what I did and probably send the pictures out to people," one alleged victim told a defence lawyer at the courthouse Tuesday.

GRAHAM LANKTREE/METRO IN OTTAWA

The threat of having lewd photos distributed online can be enough to coerce girls into prostitution, says an expert on bullying. ISTOCK IMAGES

Teen wanted to walk on wild side: Lawyer

Trial. Defence lawyer's barb leaves alleged pimping victim in tears; says she feared blackmail and abuse

GRAHAM LANKTREE
Metro in Ottawa

A teen girl allegedly pimped out by two others was taking a walk on the wild side when she met two johns and got in too deep, a defence lawyer charged Tuesday before the girl began to sob on the witness stand.

"Word got out on the street that (accused one) and (accused two) were spending time with men, being escorts and getting paid for it," said attorney Ken Hall, as he suggested what happened the night of May 18, 2012, when the 17-year-old girl says she was sexually exploited.

"The turning point was when man two brought the white lines out," said Hall, referring to the second man the girl encountered and her testimony that he had white lines of powder on a table in his apartment connected to a warehouse in Ottawa's east end. "That's when the whole house of cards came crashing down. That scared you?"

The teen indicated she was scared of him already, since he was more than twice her age and she suspected the white powder may have been cocaine. "I wanted to get out of there already. But it made it scarier for me," she said before she asserted she didn't lie in her statement to police.

The accused girls are among three teens police say pimped out six teen girls between May 18 and June 3, 2012. They face charges including human trafficking.

"She came over, we had pizza. We had vodka cranberry," an alleged john says of his meeting with a 15-year-old girl during testimony in an Ottawa courtroom. She is one of three teens accused of pimping out six teen girls not much younger or older than themselves. TORSTAR NEWS SERVICE FILE

Korean War. Canadians honoured during 60th anniversary of armistice

There doesn't seem to be any other place in the world where perpetual enemies stare at each other in plain sight, with their feet firmly cemented to the ground and rock-hard fists at the ready for a battle that could come any minute — or not at all.

The Korean War still hasn't officially ended even after North and South Korea agreed to a ceasefire nearly 60 years ago. To this day, Republic of Korea guards keep watch on their neighbour to the north, whose main building lies a stone's throw away within the Demilitarized Zone (DMZ).

So what's stopping soldiers on either side from jumping at each other's throats?

"Not much," said Korean War veteran Frank Bayne.

The former second lieutenant from Guelph visited the DMZ with 35 other Canadian veterans on Tuesday as part of a commemorative trip organized by Veterans Affairs Canada to mark the 60th anniversary of the armistice. He said he was one of the few troops who fired the final rounds of ammunition the day it was signed in 1953.

"So at midnight we all fired and then we went off and got drunk," Bayne said with a chuckle.

The trip comes as North Korea's Kim Jong-un has unleashed new threats to ignore the armistice and unleash a nuclear strike on South Korea.

But Bayne said Jong-un is merely flexing his muscles.

"People said to me, 'Aren't you afraid to go back?' I said hell no," Bayne recalled while on a bus departing the DMZ. "I think he's bluffing. I think he's trying to get concessions. He wants the world to know he can make the United States and the world talk to him as equals."

JOE LOFARO/METRO IN SEOUL

Honouring our heroes

Dozens of young military personnel at Sang-Seung Observation Point in South Korea greeted the Canadian delegation with open arms at a briefing, which concluded with a moving video expressing their gratitude to Canadian forces.

France legalizes gay marriage

French Prime Minister Jean-Marc Ayrault congratulates Family Minister Dominique Bertinotti, right, as Justice Minister Christiane Taubira looks on. France legalized gay marriage on Tuesday after a wrenching national debate that has exposed deep conservatism in the nation's heartland. Taubira told lawmakers that the first weddings could take place as soon as June. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Facebook fracas

Politician gets apology after contempt charge

The Speaker of the Newfoundland and Labrador legislature apologized Tuesday for concluding that an NDP politician was in contempt for being a member of a Facebook group where someone else posted an allegedly threatening comment against Premier Kathy Dunderdale.

Ross Wiseman said he was sorry after ejecting Gerry Rogers from the legislature last week.

Wiseman said since his initial ruling, he has learned that it is possible that people can become members of Facebook groups without consent.

Rogers was suspended from the legislature last Tuesday after she refused to apologize for being a member of a Facebook group called "Kathy Dunderdale must go!" At the time, she said she was added to the group without her agreement or knowledge by someone she didn't know.

Rogers said Tuesday she accepts Wiseman's apology. THE CANADIAN PRESS

Living in the public eye

No tips for Trudeaus, says Laureen Harper

Laureen Harper has no tips for the Trudeaus about raising a young family in the public eye.

In fact, Harper says, she could probably take lessons from newly elected Liberal leader Justin Trudeau's wife, Sophie. "I wouldn't give her any advice — they are more public," she said.

When Stephen Harper became leader of the Conservative party in 2004, the Harpers' children were nine and five; the Trudeaus' are six and four.

In the nearly 10 years the Harpers have spent living in the public eye, they've kept Ben and Rachel mostly out of the spotlight, save for the obligatory family Christmas cards and occasional photo op.

But the Trudeaus already have a much higher public profile among Canadians, Laureen Harper said. "They would probably have to deal with it a lot more than me."

Sophie Trudeau is a former model and television host, well-known in Quebec if not in the rest of the country. THE CANADIAN PRESS

Forecast. Canada Post could have billion-dollar losses by 2020, report says

A think-tank commissioned by Canada Post is warning that the Crown corporation will be losing $1 billion a year by the end of this decade.

The Conference Board of Canada says the postal service is being hit by a dramatic reduction in volumes in the age of digital communication.

It estimates that the volume of bills, invoices, advertising and publications handled by Canada Post will decline by more than 25 per cent by 2020.

The volume of parcel delivery is expected to buck the trend and grow by 26 per cent due to online shopping, but the Conference Board says it won't be enough to offset the revenue lost in other areas.

The report says price increases alone won't make Canada Post self-sustaining. It estimates $576 million a year could be saved by the elimination of door-to-door delivery for urban homes that get it — about one-third of Canada's households.

New stamps commemorating classic Canadian rock bands including The Tragically Hip, Rush, The Guess Who and Beau Dommage will be available July 19. CANADA POST/THE CANADIAN PRESS

Canada Post issued a statement as the Conference Board analysis was released, saying the report is "the beginning of an important conversation" about what the public values.

"Canada Post must seriously consider all the options put forward by the Conference Board with the understanding that no single initiative will be sufficient to stem the losses from the steep decline in mail volumes," the corporation said. THE CANADIAN PRESS

CRTC

Sun News lobbies for guaranteed spot on dial

Sun News Network, the conservative-minded upstart that vowed to shake up the media landscape when it launched two years ago, made its pitch Tuesday to the federal broadcast regulator for a guaranteed spot on the dial.

The Quebecor-owned network is seeking what is known as mandatory carriage from the Canadian Radio-television and Telecommunications Commission, which would require the channel to be included in every basic cable and satellite package across Canada. Mandatory carriage would generate significant revenue for the network. THE CANADIAN PRESS

Poland. New regulations aim to force ritual-slaughter trade to minimize animal suffering

Poland's prime minister said Tuesday his government has drafted new regulations that would reduce the suffering of animals during slaughter, including for the needs of religious groups such as Jews and Muslims.

Poland is covered by European Union laws allowing for ritual slaughter, but the country's own regulations say that an animal must be stunned before slaughter, including the ritual practice of having its throat slit then bleeding out.

Donald Tusk said his government wants to reconcile these approaches and ban the most drastic slaughter methods. He offered no details and it remains to be seen whether the regulations will win support from lawmakers. THE ASSOCIATED PRESS

Export industry

- Ritual slaughter of animals is an important export earner for Poland, with markets in Israel and Muslim countries. It also offers thousands of jobs, at a time when Poland's jobless rate soared to 14.3 per cent.

Loyalty program

Outgoing CEO says Rogers needs to 'significantly' up customer service

Rogers Communications says it plans to launch a loyalty rewards program this year, as part of a bid to improve its relationship with customers.

Outgoing CEO Nadir Mohamed said Tuesday the wireless, cable and media company needs to improve its customer service "significantly."

We "will actually further work to reinforce this idea that we value our customers (and) we reward our customers for staying with us," he told reporters in Toronto, before the company's annual meeting.

Some longtime customers have turned to the customer-service department to request discounts on their payments. They want the company to demonstrate that the company "values their tenure," he said.

While details of the rewards program weren't revealed, a broad range of the telecom company's services will be recognized in the program. It will also extend to its banking and credit-card services, which are expected to launch sometime this year. THE CANADIAN PRESS

Nadir Mohamed, outgoing CEO of Rogers Communications, speaks at the company's AGM in Toronto on Tuesday. THE CANADIAN PRESS

India's outsourcing firms face U.S. backlash

Hewlett-Packard employees work at the company's Business Process Outsourcing centre in Bangalore, India, in this 2007 photo. For years, India's multibillion-dollar outsourcing industry skated over criticism that it was eliminating white-collar jobs in rich nations. Now, the industry's long-held fears of a backlash are being realized in its crucial U.S. market. Provisions in an overhaul of U.S. immigration law will close loopholes that allow outsourcing companies, both Indian and American, to pay guest workers in the U.S. at rates often below wages for equivalent-level Americans. THE ASSOCIATED PRESS FILE

Foreign workers program is meant for high-skilled positions, Carney says

Last hurrah. At his final appearance before the finance committee, BoC governor tackles variety of sensitive subjects

Bank of Canada governor Mark Carney says the controversial temporary foreign workers program should not be used to drive wages down or to fill lower-skilled jobs.

Speaking to the Commons finance committee for the last time before his departure for London in June, Carney said the intent of the program is that it be used primarily to fill needs for high-skilled jobs temporarily, until businesses can train Canadians to take over.

In a two-hour appearance on Tuesday, Carney used the occasion to touch on a number of politically sensitive subjects, including the government's move to raise tariffs on imports from 72 countries, the labour market, the Canada-U.S. price gap and the contentious foreign-workers program.

Mark Carney at a finance committee hearing Tuesday. THE CANADIAN PRESS

The challenge of a skills shortage is not unique to Canada, Carney said, but the solution is training — not bringing in temporary foreign workers. Contrary to some views, he added, Canada's labour market is among the most flexible in terms of mobility among industrialized countries.

He added that the program should concentrate on shortages of high-skilled workers, and not on service jobs and other lower-wage categories that critics say are now being filled by foreign imports. The solution to that, Carney said, is for employers to pay higher wages and improve productivity. THE CANADIAN PRESS

RBC outsourcing furor

- The foreign-workers program became a hot potato for the federal government after news broke that an outsourcing company doing work for the Royal Bank of Canada brought in foreign workers to do work that had been done by about 45 Canadians at the bank.

Market Minute

DOLLAR
97.45¢
(-0.01¢)

TSX 12,090.94 (+0.26)

OIL $89.18 US (-1¢)

GOLD $1,408.80 US (-$12.40)

Natural gas: $4.23 US (-4¢)
Dow Jones: 14,719.46 (+152.29)

Liquid gold. Thief makes off with rare scotch worth $26K

Toronto police are looking for a thief with expensive taste.

They say a man went into a downtown liquor store this month and went to the vintage section, where he selected a rare bottle of 50-year-old Glenfiddich Single Malt.

The 700-millilitre bottle, which was in a glass case, goes for $26,000. Police say the man then selected a bottle of wine and paid for that, but left the store without paying for the single malt.

Glenfiddich 50 Year Old GETTY IMAGES FILE

A security-camera image of the suspect is posted on the police website. THE CANADIAN PRESS

SO YOU WANT TO BE A MARTIAN

JUST SAYIN'

Paul Sullivan
metronews.ca

If you're having a bad day here on Earth, consider the alternative.

How about a bad day on Mars?

Applications are now open for people who want to be the first settlers on Mars.

It may sound like science fiction, but Mars One, the company offering the gig, swears they'll have you there by 2023, which is only a decade away.

But there's a catch.

Mars One has the technology to get you there, but the technology to get you home doesn't exist.

It's like that Eagles anthem, Hotel California. "You can check out any time you like, but you can never leave."

So it's a one-way ticket to the Red Planet.

I don't know about you, but I've always wanted to go to Mars. I'm just not sure I want to be stuck there.

At first blush, it sounds romantic, but sometime around year four, you might want to order in pizza or hit the clubs, and whaddaya know? No pizza parlours. No clubs.

Just more of that astronaut food that tastes like Tang and dog biscuits.

Therefore, Mars One is looking for a special kind of person.

Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well-adjusted enough not to try to eat his or her fellow castaways.

If you're that kind of person, Mars One is for you.

All you need to do is convince the Mars One people that you're the best nutbar of all the nutbars applying for the nutbar job, plus you've got the $33 registration fee. Deadline is Aug. 31, 2013.

Before you sign up, you should know that the average temperature on Mars is -55 C.

That will give applicants from Siberia and Canada the inside track. If you're from Novosibirsk or Winnipeg, it will feel just like home.

Other than thicker-than-normal heads or blood, applicants require no special skills, as they will spend seven years training and getting ready.

So, as you'd expect, the gallery of geeks featured on the Mars One website are all cut from the same cloth: basement dwellers with bad facial hair. And that includes the women, with the clear exception of Ilona, 23, from Finland. You could almost imagine spending the next 63 years in a hermetically sealed bin with Ilona, who says she wants to devote herself to the good of mankind and enjoys the humour that comes from well-crafted subtlety.

Such as the prospect of being stuck on Mars with Jason, 24, from the U.S., who has an associate degree in welding and aspires to a bachelor's degree in welding engineering, for the rest of her life.

Somehow I think all this is going to end in tears. Too bad that on Mars, no one can hear you scream.

ZOOM

Would you like insects with that?

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Tastes like chicken

Designer Penelope Kupfer displays a biscuit made from insect flour at the Wellcome Collection in London, England, on Tuesday.

The exhibition of illuminated, room-high insect traps, dramatic light projections of creepy crawlies and 3D printing of food made from bugs is a new installation called Insects au Gratin which explores the benefits of eating bugs, as part of a new series called Who's the Pest? organized with Pestival — the cultural organization dedicated to our relationship with insects and the natural world.

THE ASSOCIATED PRESS

Slimy yet satisfying

Have you ever imagined yourself on Fear Factor, eating bugs? The exhibit aims to expand our invertebrate consumption by suggesting that entomophagy (eating insects) is a sustainable solution to an impending food crisis.

Apparently, insects can be nutritious: four grasshoppers provide the same amount of calcium as a glass of milk. And, by weight, dung beetles have more protein than beef.

The installation, which runs through May 5, allows guests to draw the shape of their food and experiment with 3D printing. METRO

Comments

RE: How The World Will Change In 2043: We'll Turn Into Bots And Upload Our Memory, published April 22

I think those futurists are a bit looney and need to be taken back to the lunatic asylum for their meds. I'm sorry I might work in IT but I prefer keeping the hardware outside of my flesh.

Uploading our memories to the Internet in a cloud-based system would be a bad idea. Would you want a hacker to be able to hack into your brain directly? As for people switching limbs out for robotic limbs, I don't see that happening. If I hold hands with a girl I want it to be her physical hand not a metal plastic monstrosity unless she was in some sort of accident.

Taggart Romkey posted to metronews.ca

"Progeny of the oblivious"? Sorry but the future children you talk about won't be oblivious to their world just because their parents are.

Look at the current youth generation difference and their parents which you also comment on. The apple does fall far from the tree, and then rolls off in another direction.

DaleWale posted to metronews.ca

Wow, good job, Elizabeth Shaw, for your very pessimistic view about new technologies.

Evolution: No, we won't stop evolving even though we take drugs to be 'smarter'. Supplements/drugs, when taken responsibly, enhance our ability to get the things that our bodies need that we can't get from raw foods in small amounts. So what if foods are engineered? As long as the engineering of the food benefits our bodies' needs, it should be looked at as a great feat that we accomplished, not degraded by pessimism.

"Sure, I'll grant that 'AI will put us out of work.' But isn't this the ultimate goal of AI creation, to relieve us humans from doing repetitive jobs, sometimes complex jobs, to minimize errors and free us from hard labour?"

Yes, there's a lot of things to be concerned about at the moment such as chemical wastes, etc. But the genetic engineering of foods leads to better crops (size and vitamins), e.g. bananas.

AI workers: Sure, I'll grant that "AI will put us out of work." But isn't this the ultimate goal of AI creation, to relieve us humans from doing repetitive jobs, sometimes complex jobs, to minimize errors and free us from hard labour? Yes, sure, you'll lose what you hold so dear (money) to get by every day, but these AI workers will free us to do more things than doing repetitive work, such as more time with families, friends ... more time to socialize, more time to learn and experiment, study science, more time to think and work on more important things.

Implanted Technology: Yes, I don't like technology implanted in my body. Except, if it'll help me improve my life and help prolong it, by probably having a chip that'll monitor my blood pressure, sodium intake, etc.

Reby Antiado posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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Interview

The American dream, plus a lap dance or two

If anyone is living the American dream, it's Bar Paly. In the last few years, the Israeli actress and model has been landing increasingly bigger roles in TV and film, including parts in How I Met Your Mother and The Starter Wife, and in the film A Glimpse Inside the Mind of Charles Swan III.

So it seems fitting that her biggest project to date is a dark riff on the American dream. Pain & Gain is a true crime story about a group of bodybuilders (dubbed the Sun Gym Gang) doing bad things in mid 1990s Miami.

According to Paly, the story shows what happens when people try to skip hard work in pursuit of fortune.

"The moral of the story in the end is that greed is bad. There are no shortcuts (to success)," she says.

In the film, Paly plays a stripper with big ambitions of becoming a Hollywood star, and she admits it was intimidating walking onto a set with a list of big names.

"It was so overwhelming," she says. "First off, it's a Michael Bay set, and I know to him it's a small budget film, but it's the biggest thing I've ever done. And on top of that you have to act against Mark Wahlberg. I was trying to pretend that everything is cool, but inside I was screaming 'I'm reading lines with Wahlberg.'"

She credits Bay for putting her at ease by first shooting scenes where she didn't have to talk.

"In the first few days he gave me the scenes where I didn't have to actually talk too much, it was more the lap dance and sex scenes," she says, laughing. "It was like, 'Hi, nice to meet you Mark Wahlberg, now here's my hair in your face while I give you a lap dance.'"

LIZ BROWN/ METRO

Robert De Niro and Diane Keaton star as a divorced couple in The Big Wedding. HANDOUT

Nuptials often turn nasty going down theatre aisles

The Big Wedding. The latest big screen effort is just one in a long line of movies where hilarity and horror dominate the story

IN FOCUS
Richard Crouse
scene@metronews.ca

In The Big Wedding, a long-divorced couple, played by Robert De Niro and Diane Keaton, pretend to be happily married at their adopted son's wedding for the benefit of his biological mother.

Hijinks ensue, but like all movies with the word "wedding" in the title, audiences don't buy a ticket for the shenanigans. They go to see the ceremony.

Anything that happens before the walk down the aisle is window dressing, the journey that gets the audience where they really want to be — at the altar.

The famous wedding scene in The Godfather — including the much-quoted Luca Brasi line, "Don Corleone, I am honoured and grateful that you have invited me to your home on the wedding day of your daughter. And may their first child be a masculine child," — featured many Staten Island Italian-Americans as extras.

They were invited to the set to enjoy homemade wine, traditional Italian food and enjoy themselves as though it were a real wedding.

Inspiration for the film Four Weddings and a Funeral came when writer Richard Curtis realized he had been to 72 weddings in 10 years.

The movie, about a confirmed bachelor who discovers love, made an international star of Hugh Grant, who won the role after auditioning with a tape from when he was best man at his brother's wedding.

Both those films, plus others like Wedding Crashers, My Big Fat Greek Wedding and Fiddler on the Roof feature wonderful wedding scenes. But what about when nuptials turn nasty?

Who could forget Mr. Robinson howling, "You punk! You crazy punk! I'll kill you!" at the lovesick Benjamin (Dustin Hoffman) in The Graduate after he interrupted the wedding of Elaine Robinson (Katharine Ross) to another man? Elaine leaves her intended at the altar, running off with Ben to an uncertain future, creating one of the classic endings in movie history.

In Runaway Bride Richard Gere plays a reporter investigating the story of Maggie Carpenter, a serial bride who has had multiple disastrous weddings, leaving three men at the altar. "Always a bride," she says, "never a bridesmaid!"

The biggest bummer wedding in movie history has to be in Kill Bill Vol. 2.

"How it happened, who was there, how many got killed and who killed them, changes depending on who's telling the story," says The Bride (Uma Thurman). "In actual fact, the massacre didn't happen during a wedding at all. It was a wedding rehearsal."

Famous quotes

"Don Corleone, I am honoured and grateful that you have invited me to your home on the wedding day of your daughter. And may their first child be a masculine child."

Luca Brasi
In the famous wedding scene in The Godfather

Amanda Bynes ALL PHOTOS GETTY IMAGES

Bynes gets her gym membership revoked for smoking pot

Amanda Bynes' outlandish behaviour reportedly got her kicked out of her New York City gym this weekend when she was caught smoking marijuana in the women's locker room, according to RumorFix.

Management at the Planet Fitness location even went so far as to revoke Bynes' membership.

"Planet Fitness does not allow lunks to work out here, and especially no weed-smokers," a staff member tells the site.

Bynes of course denies the allegations, telling RumorFix, "I don't smoke in the bathroom. I also don't smoke pot, I smoke tobacco."

Selena Gomez

Gomez's friends furious over latest reunion

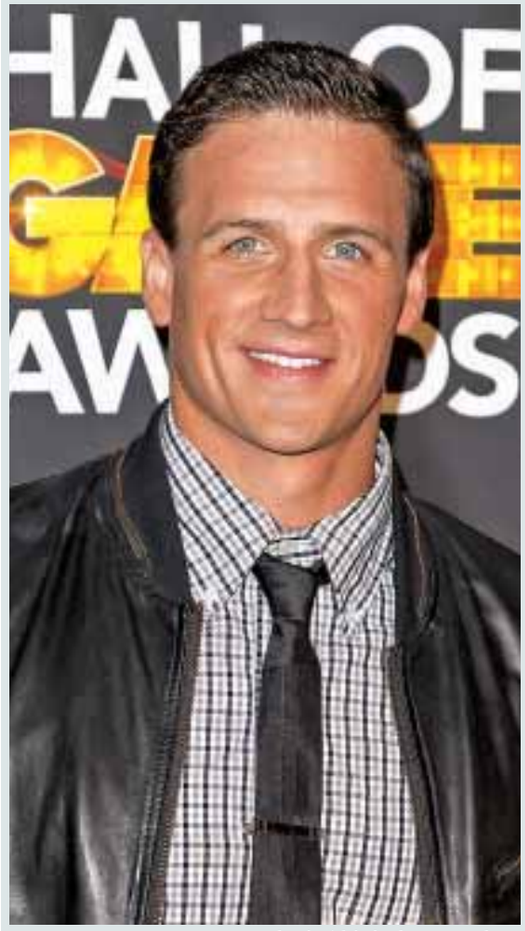
As Selena Gomez's reunion with Justin Bieber appears to be heating up — the pair have reportedly been spotted holding hands, hugging and kissing during their European rendezvous — her friends are getting nervous.

"Selena's friends are furious that she's giving Justin another chance," a source tells Radar Online. "They've been trying to warn her that he's no good for her and that she should stay away from him, but she just loves the attention he gives her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



I got your nose, Ryan, do you love me now?

THE WORD
Dorothy Robinson
scene@metronews.ca

Ryan Lochte is having a hard time finding love.

"I haven't been in a relationship in a year," the Olympian and star of the new reality TV show What Would Ryan Lochte Do? tells the new issue of In Touch. "Every time I date someone, I end up getting hurt."

The problem, it seems, is that he doesn't know if women are after his giant brain (this is the man who wore a fake grill on the Olympian podium and coined the catchphrase "Jeah!" so by "giant brain" I might be using slight sarcasm) or for his public persona.

"I don't know if they're just after my fame and money or if they like me for who I really am."

But if he could find someone he really does like, what is he looking for?

"A girl that's fun, classy and sweet who I can have a conversation with," Ryan says.

"If she can make me smile and laugh, I'm sold!"

My advice for his next potential love interest? Pretend to take his nose. He would be so enamored of your magical powers, you'd be unstoppable.

Tara Reid

Reid rep denies drunken dispute

Tara Reid apparently takes her savings seriously, as the American Pie star was reportedly thrown out of an All Saints store in L.A. for throwing a tantrum after being denied a discount, according to the New York Post.

"She was screaming," a source says. "She had to be escorted by security. She seemed drunk."

A rep for Reid challenges that assertion.

"She was definitely not drunk. People love to say Tara's hammered and this and that."

As for why Reid would be so miffed over not getting a discount? "Tara gets a huge discount with All Saints in the U.K. and Paris because she's a walking billboard."

Miley Cyrus and Liam Hemsworth

Can't a girl take off her engagement ring?

Despite indications of trouble between Miley Cyrus and Liam Hemsworth, the pair are "still engaged," according to E! News.

"They live together. The wedding is not off," a source says.

"You can't postpone a wedding that never had a date in the first place. Their plan all along was to wait a couple of years before even thinking about a date."

As for the eyebrows Cyrus has raised by stepping out multiple times without her engagement ring?

"She just doesn't wear it sometimes," the source adds. "People shouldn't read too much into that."

Twitter

@mcgregor_ewan
I'm so happy to be in a city. Melbourne I think I love you.

@chriscolfer
Hearing the Paramount security guard call me a "sneaky ninja" just. made. my. life!

@CraigyFerg
The grass is greener in LA cause we paint it.

In the land of Disney, the princess always reigned supreme. However, though Sleeping Beauty's Castle, the Bibbidi Bobbidi Boutique and those ever-popular princesses may get a lot of the attention, Disneyland and California Adventure offer a pixie dustless world for the guys in your life too — all in time for Father's Day in June.

METRO WORLD NEWS

5 Disneyland spots for the boys

Cars Land

Route 66 comes to life for plain-old cars and animated Cars lovers alike. California Adventures' newest attraction is set in the world of Radiator Springs, where characters from the animated movie motor down Main Street. Rides include Luigi's Flying Tires, a modern floating-on-air version of bumper cars and Mater's Junkyard Jamboree, where tractors whip and spin you around. The highlight is Radiator Spring Racers, which takes you on a leisurely car ride through a wind-carved setting before drag racing your way to the finish line.

Don't miss: Characters from the animated film regularly park near the Cozy Cone Motel to have their photos taken.

Star Tours

Ask a 30- or 40-something father what his favourite movie was growing up — then ask his son the same question — and the likelihood is they may have the same answer: Star Wars. With Disney taking over control of the series, there may be more themed rides in the future. Until then, Star Tours is still the place in Disneyland to enjoy a ride through the galaxy while using the force to avoid the black-gloved wrath of Darth Vader. The 3D ride takes you on a Starspeeder, cruising at light speed through George Lucas' sci-fi universe.

Don't miss: A Jedi Training Academy takes place daily at the Tommorowland Terrace, where kids are shown how to use lightsabers.

Pirates of the Caribbean

This is one of the original rides at Disneyland — long before Johnny Depp swaggered his way through the films as Captain Jack Sparrow. And there's a reason why Pirates has always been popular: it's fun. The boat ride starts in the calm Louisiana Bayou but soon takes you deep into the dark world of hidden treasure, sea battles, and the pirate-terrorized town of Puerto Dorado. It may sound scary, but it has a number of light-hearted moments to tame the pirate terror.

Don't miss: Captain Jack Sparrow makes a number of appearances during the ride, so keep your eyes peeled for him.

Toy Story Midway Mania

Located in California Adventure's Paradise Pier, this 4D ride features spinning vehicles that take you from one screen to another. At each stop you try to hit Toy-Story-related targets that pop up on the screens using everything from eggs to darts to rings and pies. Line ups can be long but are well worth the wait, with Mr. Potato Head greeting visitors and cracking a few jokes.

Don't miss: Tomorrowland's Buzz Lightyear Astro Blasters, where you fire a laser gun at targets while riding through the attraction.

Pirate's Lair on Tom Sawyer's Island

Located in a man-made lake on the edge of Frontierland, the island is a giant playground for kids of all ages. A river raft ferries you from the main park across to the island, where dirt trails lead you to hidden caves, hilltop forts, wood and rope bridges and pirate's treasures.

Don't miss: Take a boat ride around the island on the Mark Twain, a 1900s paddleboat, or aboard the pirate ship Columbia.

Looking for more Disney vacation ideas? Metro's Elisha Dacey is currently at Disneyworld in Florida with Breakfast Television and Cityline's recent contest winners. Check out her blog at metronews.ca

Where's the beef? All over the U.S.A., of course

Burger king.
George Motz tracks down the best burgers in America in his new Travel Channel series

If you love a good burger, you might think George Motz has the best job ever. He crisscrosses the country as the host of Travel Channel's new series Burger Land, looking for the best burgers in America.

He consumed 70 burgers in the three months it took to shoot the first season, exercising regularly to accommodate his indulgence. Now he's temporarily staying away from burgers to give his system a break.

Still, he said in a recent interview, "I crave a burger every single day."

One thing he stressed, however, is that all burgers are not created equal.

"One of the greatest dividing lines is the frozen patty versus the fresh meat burger," said Motz.

"It is very difficult for restaurants to keep fresh meat in the house, so the restaurants that are making hamburgers with fresh ground beef, it's not easy and they're doing the right thing."

He also says there's a lot of regional variety in burgers. Here are a few of his favourites from different parts of the U.S.

THE ASSOCIATED PRESS

George Motz is working hard to find you the best burgers. THE ASSOCIATED PRESS

California

"If you're in Los Angeles there's Irv's Burgers. If you're new to Northern California, there's a place called Val's Burgers in Hayward. It's unbelievable."

BURGER BARONESS/FLICKR

New Mexico

"You have the green chile cheeseburger. (It) is a cheeseburger with green chile on top. They're hot and they're so good. You can only find them in West Texas, south Colorado and the entire state of New Mexico. It's the state burger."

TPULLIN/FLICKR

Illinois

"Chicago is a great burger town. People love to eat in Chicago and they're not shy about expressing their love for food. They've got the famous Billy Goat. You've got to get the triple with cheese. Edzo's is a new place doing an old-school burger in Evanston and Lincoln Park, Ill." MASTERS OF

Texas

"Dallas has a good burger culture as well. There are a few places. One is called Keller's. It's a drive-in, (you) order a great burger and a beer from the driver's seat of your car. That's heaven to me. There's also a great place called Jack's Burger House with a few locations in the Dallas area. They're Greek-owned and they have a Greek spice they put on the burger. "

BURGERCLUB/FLICKR

Mississippi

"They have these things called the Slugburger or a doughburger. There's actually some kind of breading mixed into the meat, which is a throwback to the Depression and meat-rationing, when people would have to put something into the meat to extend it." SOUTHERN FOOD ALLIANCE/FLICKR

Connecticut

"There's a phenomenon known as the Steam Cheeseburger. It's a chunk of ground beef put into a steaming cabinet and the cheese is steamed right next to it and poured on like a molten goo. It's very unique only to Connecticut."

BENTANDBROKEN/FLICKR

Washington, DC

"There is a very famous place called the Tune Inn. The hamburger is unique because it's a classic cheeseburger. No crazy toppings. You're blocks from the Capitol building. There's also Ben's Chili Bowl. They're very famous for their half-smoked with chili on top but the real reason to go there for me is to get the chili cheeseburger."

BURGER BARONESS/FLICKR

Lasagna gets an under the sea makeover — shrimp and all

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

You can use any combo of fish you like in this creamy lasagna, but I like shrimp for its sweet flavour and firm texture. Don't use a fish that's too delicate or it will fall apart.

1. Preheat the oven to 375 F. Spray a 13- by 9-inch baking dish with cooking oil.

2. To make seafood mixture, heat the oil in a non-stick skillet over medium heat. Sauté the garlic, bell pepper and leeks for 5 minutes or just until tender.

3. Add the seafood and sauté until the fish is opaque, approximately 3 minutes. Pour off any excess liquid. Set aside.

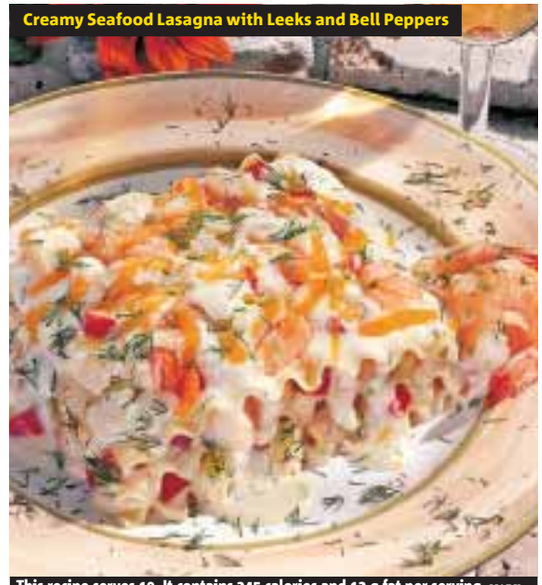
4. Combine the flour, stock, milk and mustard in a non-stick saucepan and stir until smooth. Simmer over medium heat until just thickened, approximately 4 minutes, stirring often. Stir in the dill, pepper and the seafood mixture. Remove from the heat.

5. For cheese mix, combine ricotta, 3/4 cup of cheddar, Swiss and Parmesan cheese in a small bowl, mixing well.

6. To assemble, place 3 lasagna noodles in prepared baking dish. Spread 1/3 of seafood mix over top, then 1/2 of cheese mix. Repeat for second layer. Top with remaining 3 lasagna noodles and remaining seafood mix. Sprinkle the remaining 1/4 cup cheddar cheese over the top. Cover with foil and bake approximately 30 minutes, removing the foil for the last 10 minutes of baking time. Allow to rest for 5 minutes before cutting and serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1 tsp vegetable oil
- 2 tsp crushed fresh garlic
- 2/3 cup diced red or green bell pepper
- 2/3 cup diced leeks or red onion
- 1 lb seafood, cut into small pieces
- 1/4 cup all-purpose flour
- 1 cup seafood or chicken stock
- 1 1/4 cups 2 % evaporated milk
- 1 tsp Dijon mustard
- 1/3 cup chopped fresh dill or 1 tbsp dried
- Pinch ground black pepper
- 1 1/4 cups smooth light ricotta
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Swiss cheese
- 1/4 cup grated Parmesan cheese
- 9 cooked lasagna noodles



Creamy Seafood Lasagna with Leeks and Bell Peppers

This recipe serves 10. It contains 345 calories and 12 g fat per serving. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Drink of the Week

Thyme and Ginger Sour

An ideal mix of savoury and sour, this drink is perfect for a casual evening in with friends. It's easy to make and looks great, too.

- 2 oz Luksusowa
- 2 oz fresh lime juice
- 1/2 oz simple syrup
- 2 oz ginger beer
- fresh thyme to garnish

Shake Luksusowa, lime juice and syrup with ice and pour into a rock glass. Top with ginger beer and garnish with fresh thyme.

COURTESY OF NISHAN NEPULANGODA, MIXOLOGIST AND BAR MANAGER, BLOWFISH/ PHOTO BY YBIMC

Starchy, crunchy, flavourful: Fried Rice & Pickled Radishes

1. Heat a large nonstick skillet over medium-high. Coat the pan with cooking spray.

2. In a small bowl, lightly beat the eggs. Add a pinch of salt and some pepper to the eggs, then add them to the pan. Tilt the pan to spread the egg all around to make a flat pancake. Cook for 30 to 45 seconds, or until almost set. Turn over the egg (you can cut it in a few pieces to make it easier, using the side of a nonstick pan-safe spatula) and cook for another 10 seconds. Transfer the egg to a cutting board.

3. Add 1/2 tablespoon of the oil to the pan. Once the oil is hot, add the onion. Reduce the heat to medium and cook, stirring occasionally, until the onion is lightly golden, about 3 to 5 minutes. Add the shrimp and cook, stirring, until almost cooked through, about another 3 to 5 minutes. Add the garlic and ginger and cook, stirring, for 1 minute. Transfer the mixture to a bowl and return the skillet to the heat.

4. Add the remaining 1 1/2 tablespoons of oil to the skillet, then add the rice, pressing it flat with the back of the spatula. Cook until the rice is slightly crispy, turning it over with the spatula, about 8 to 10 minutes.

5. While the rice is cooking, in a small bowl combine the radishes, vinegar and salt to taste. In a small bowl combine the soy sauce, sake and sesame oil. Chop the egg and add it along with the peas and sugar snap peas to the bowl with the shrimp.

6. When the rice is nicely crisped, add the contents of the shrimp bowl and the soy sauce mixture to the skillet and cook, stirring, until the mixture is heated through. Transfer the fried rice to 4 bowls and top each portion with some of the radishes.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 eggs
- Kosher salt and black pepper
- 2 tbsp canola oil, divided
- 1 cup finely chopped onion
- 1/2 lb peeled and deveined raw shrimp
- 2 garlic cloves, minced
- 2 tsp grated fresh ginger
- 3 cups cooked brown rice
- 2 cups coarsely shredded radishes (about 10 large radishes)
- 2 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 tbsp sake or dry sherry
- 2 tsp sesame oil
- 1 cup blanched fresh or thawed frozen peas
- 1 cup blanched sugar snap peas, cut into 1/2-inch pieces

Dinner. Honey Garlic Surf 'n' Turf Kebabs

1. Place steak chunks in large shallow dish. Pour all but 1/3 cup (75 ml) of honey garlic sauce over steak, turning so that meat is well coated. Cover and marinate in refrigerator for at least one hour or for up to 4 hours. Remove from the fridge and let stand at room temperature for 30 minutes.

2. Remove meat from marinade; discard marinade. Thread steak, shrimp, zucchini, cherry tomatoes and onions onto 8 metal skewers.

3. Spray grill with Pam Grilling Spray; heat to medium-high heat. Grill skewers, basting occasionally with remaining honey garlic sauce, turning once, until meat is medium-rare and shrimp are opaque, about 12 minutes. Make sure to keep grill covered when not basting.

NEWS CANADA/ VHSAUCES.CA

Ingredients

- 1 lb (500 g) grilling steak (rib eye, sirloin) cut into 32 large chunks
- 1 jar (341 mL) VH honey garlic sauce
- 1 lb (500 g) jumbo shrimp (about 16), peeled and deveined
- 1 zucchini, cut into chunks
- 1 cup (250 ml) cherry or grape tomatoes
- 1 large red onion, cut into wedges
- Pam Grilling Spray

Want an insurance job? Shine your shoes

Jobs. What to expect, how to prepare, and how to follow up after your big interview

CASSANDRA JOWETT
TalentEgg.ca

If you really want to impress an insurance employer in a job interview, it all comes down to one thing: always be prepared.

One of the biggest mistakes students and recent graduates make is coming in unprepared, says Trevor Buttrum, Career Connections (career-connections.info) program manager at the Insurance Institute of Canada. Being unfamiliar with the company, being unable to make connections or draw parallels between your experience and the role, or showing up late are the three biggest insurance industry job interview don'ts, he adds.

Keep reading to find out what to expect during, how to prepare for and how to follow up after your next job interview with an insurance employer:

What to expect

Most interviews for insurance jobs involve a two-step process:

The telephone screen

The process may start with a telephone screen conducted by a recruiter in the company's human resources department. "The telephone screen is designed to confirm that you meet the criteria for the position, establish your understanding of the role, and get a sense of your style or approach," Buttrum explains.

The in-person interview

If you meet the requirements of the telephone screen, it will usually be followed by one or two in-person interviews that may now include the hiring manager and other colleagues involved in the process. "Don't let it throw you if it is a panel interviewing you — these are now common place!" Buttrum says.

The in-person interviews will most likely be behavioural or competency-based, he says. "Think, 'Tell me about a time when…' or scenarios that get at how you might handle various aspects of the job. The employer is looking for you to make connections between what you have done and how it will help you to be successful in your potential new role."

How to prepare

Find out what you'll need

When you're invited for the interview, whether it's by phone or email, always ask if there's anything that you should bring. Here's why:

"I once had an employer say, 'Good thing you asked, I almost forgot to mention that we would like to see an example of a presentation you have developed. Could you supply us with a version on a USB key?'" Buttrum recalls. "I would have never just 'had one on hand' in an interview."

Know yourself

In a job interview situation, knowing exactly how your education and experience will benefit the employer and the role you've applied for is half the battle.

Think you can just wing it during your next job interview? Think again.
ISTOCK IMAGES

Ideally, you've already determined this in order to tailor your resumé and apply for the job in the first place, but if not, learn as much as you can about the role and map out how you fit the bill, Buttrum says.

Practise your answers to typical job interview questions with a trusted friend or career counsellor and introduce examples from your experience into the conversation. Buttrum recommends using the STAR method to help you answer the interviewer's questions:

- Situation — Setting the stage: Who, when, where, why? (five per cent of your answer).
- Task — What did you do? What was your role? (five per cent of your answer).
- Action — How did you do it? What steps did you take? (70 per cent of your answer).
- Result — What happened? What was the outcome (20 per cent of your answer).

Do your research

How much do you know about the company, its business, core values and any other unique aspects to it?

"Web research, reading trade publications, checking out examples of their consumer marketing and talking to industry professionals are great ways to gain these types of insights," Buttrum explains.

"This information enables you to further tailor your answers to the employer's questions and might help you develop some of your own."

Dress for success

"Insurance is a traditional industry and, although business casual is becoming the norm for day-to-day in the workplace, it is suggested that you go business formal for the interview," Buttrum advises.

What does that mean? "Suit jackets, blazers, pressed pants, blouses, collared shirts, ties, nicely-shined shoes and knee-length skirts are what come to mind," he adds.

How to follow up

Should you or shouldn't you? When and how often? These are all questions that tend to plague students and recent graduates following their job interviews.

"Before you leave the interview, ask what the next steps are in the process and when the employer anticipates moving forward in their decision making," Buttrum recommends. "Keep this date in mind and use it as a temperature gauge for when to follow up next."

From there, don't push too hard. "Like any relationship, high frequency or intensity followup can send the wrong message," he says, adding that the process may be taking slightly longer than expected, hiring may not be the person's primary responsibility and other priorities may have arisen since your interview. "Be sure to give the employer a little leeway."

Frame your followup as checking in to see where they are in the process rather than asking whether or not they have reached a decision, and let the employer know you are happy to answer any questions or provide additional information which might support the process, Buttrum advises.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

What to bring to the interview

- Printed copies of your resumé, both for your reference and in case they don't have one.
- A notebook and pen so you can take notes.
- Your references, printed on a single sheet, in case the employer would like to review or contact them following your interview.

Write the best resumé for an insurance job

CASSANDRA JOWETT
TalentEgg.ca

When writing your resumé, what's your ultimate goal? To get a job?

If that's the case, then you probably have the wrong purpose in mind.

Your resumé is just one of many steps you may take toward getting an insurance job. The real goal of that piece of paper should be to get an interview with the employer.

After all, your resumé is simply an opportunity to introduce yourself to a potential employer and, for the first time, draw their attention to your education, qualifications and experience. Your resumé should also demonstrate how you meet the employer's needs and are the best candidate for the specific position that you are applying for.

Follow these tips, provided by Career Connections (career-connections.info), a division of the Insurance Institute, to avoid any risk of missing out on the next insurance job you apply for.

Before you start

Sure, it's easy to whip up a resumé and fire off a dozen or so job applications each day. You might think that the numbers will be on your side, but the truth is employers notice when you do this. Before applying for any insurance job:

- learn more about the insurance industry.
- research each company and job carefully.
- make connections at insurance industry events and online, and try to set up informational interviews.
- develop a strategy for responding to the needs of the hiring manager.
- create a unique resumé for each job you apply for.

Insurance resumé dos and don'ts

Do

- Keep it concise — no more than one or two pages.
- Make it easy to read — use at least 10 point font.
- Use either a chronological (reverse timeline) or functional (experience-based) format.
- Put your name and contact information front and centre on all pages, including a professional email address (firstname.lastname@mail.com) and phone number with voicemail.
- Include an objective and a professional summary, plus details about your education and work and volunteer history.

Don't:

- Use industry-specific slang, jargon or acronyms if you can avoid it.
- Include references to your age, gender, ethnicity, religion or political affiliation, sexual orientation or Social Insurance Number (SIN).
- Forget to include accomplishments rather than tasks.

LOYAL RELATIONSHIPS

FLEXIBLE PLANS MAKE POINTS PROGRAMS ATTRACTIVE TO CANADIAN CONSUMERS

Canadians truly love loyalty programs. The 2011 Colloquy Loyalty Census revealed 120.7 million loyalty memberships in this country — impressive, given that there are less than 35 million Canadians. Canadian Tire money, a proto-points program conceived by the appropriately named Muriel Billes, has been going strong since 1958.

To what do we owe this loyalty to loyalty? You might argue that Canadians aren't the most rebellious people. You might argue that we love a deal — though many countries have more ferocious bartering cultures than ours. It's probably a bit of both. But what makes loyalty programs most attractive for Canadians is their flexibility.

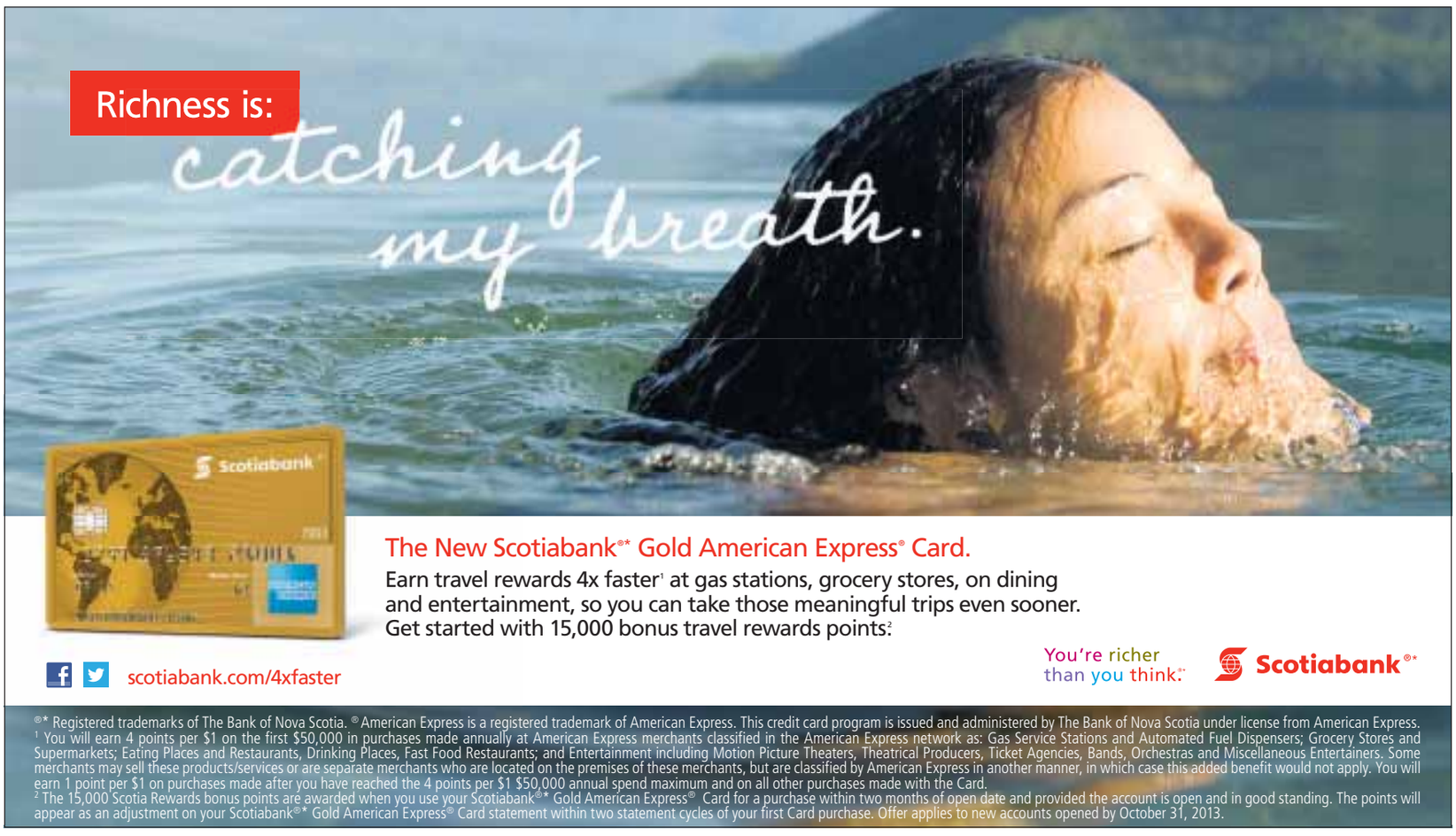
Choice. Options. Big concepts, expressed in a small, but meaningful way through programs from WestJet, Air Miles, Aeroplan, Shoppers Optimum, PC Points, and hundreds more from banks, credit card companies and other organizations. Some of these programs let you accumulate points for years, if you wish — saving up for that big-ticket item you have dreamed about. What makes that trip or product so special says a lot about you.

How you earn your points says a lot, too. You do it by being you — by shopping at the places you like to shop, buying the things you like to buy. You can build points by choosing credit, like the Target RBC MasterCard, instead of cash, or by using online retail instead of the traditional kind. Maybe the loyalty program itself is one of the reasons you are shopping there, but these days, almost every vendor has a program of some kind — this is Canada, after all.

Your lifestyle, needs, and personal choices inform how you build points, and how you redeem them. Aeroplan, for example, allows you to redeem your points not just for plane flights, but other travel-related products and services, such as luggage and car rentals; and even items that have nothing to do with travel, like home furnishings and power tools. You can even donate to charity. While the range of products offered by bookstores, grocery stores or theatres may not be that wide, they are certainly varied enough to suit many tastes.

These are our points — we earned them. And what we do with them is up to us.

– Chris Edwards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[1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the Card.
[2] The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank®* Gold American Express® Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank®* Gold American Express® Card statement within two statement cycles of your first Card purchase. Offer applies to new accounts opened by October 31, 2013.

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CONTRIBUTED

WESTJET PROGRAM AS GOOD AS CASH

'DOLLARS' CAN BE SPENT ON FLIGHTS OR VACATIONS

It pays to fly WestJet. Literally.

By enrolling in the WestJet Rewards program, you can earn up to 2.5 per cent in WestJet dollars for every WestJet flight or WestJet Vacations package you enjoy. Then you can use those WestJet dollars to purchase future flights or vacation packages. At WestJet, they are as good as cash.

The program works because it's simple.

"Our currency isn't miles or points," says Robert Palmer, manager, public relations. "If you have 300 WestJet dollars in your rewards account, you have the equivalent of $300 Canadian dollars you can spend with us. No mental gymnastics required."

It's flexible, too. WestJet dollars can be spent on any vacation package or flight the carrier operates, even during seat sales. There are no blackout periods or limited seating. So long as the flight is a new booking, you can use your WestJet dollars to reduce its cost. Like most loyalty programs, WestJet dollars do not cover taxes, fees and charges, but you can use any amount to cover the base fare, starting with as little as 25 WestJet dollars.

As a member of WestJet Rewards, you will earn progressively more WestJet dollars per total spent on WestJet flights in a given year. When your spending reaches certain milestones, WestJet offers bonuses, such as a Jet-Away package, including a companion flight, lounge passes, and more.

You can also build up WestJet dollars by making purchases with one of two WestJet RBC MasterCards. Cardholders earn up to 1.5 per cent back on any purchase they make — unless they are spending on flights or vacation packages with WestJet, in which case they will earn up to two per cent. New applicants receive a welcome bonus of up to 250 WestJet dollars when they make their first purchase with the card. Holders of the WestJet RBC World Elite MasterCard also receive an annual $99 round-trip companion flight (excluding taxes, fees, and charges), which can be used anywhere WestJet flies within Canada or the contiguous United States.

"The program continues to grow and evolve, offering additional value to our guests," Palmer says. "It's not just about loyalty — it's about working to earn your business every day, then rewarding you for being our guest."

For more about WestJet Rewards, visit westjet.com/rewards.

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LOYALTY HAS ITS REWARDS

DIFFERENT RBC INITIATIVES OFFER A BREADTH OF CHOICE

There once was a time when travel rewards programs were anything but consumer friendly. Fortunately, those days are well behind us.

"With the RBC Rewards program, we put the needs of our customers first," says Donna Lue-Atkinson, RBC's vice-president of global loyalty programs and rewards.

"We recognize the value of flexibility and treating every client as a unique individual. We also want the experience to be easy for clients to use and offer them the range of choice they're looking for in a rewards program."

To demonstrate this breadth of choice, Lue-Atkinson points to different initiatives within RBC Rewards.

"Some people want a highly personalized travel service. For those clients, we have a strategic relationship with Carson Wagonlit Travel. Our customers visit one of their store locations or call in and get the full-service approach they're seeking, redeeming their points at point of sale. Other clients prefer self-service, and for those clients, we have a partnership with Travelocity, a one-stop end-to-end online experience. Customers can book their air travel, car rental, cruises, hotels and more online."

Today's rewards programs don't start and end with travel, however.

"In December 2012, RBC Rewards launched eMall on our website to address the growth of online shopping," Lue-Atkinson says. "Through this portal on our site, consumers can access more than 250 retailers, including Apple, Hudson's Bay, Indigo Books & Music, Gap and Old Navy. By using their RBC Rewards credit card to make purchases, clients get one extra point for every dollar they spend above and beyond their regular rewards.

"Clients can also redeem points for RBC financial products, converting reward points to top up an RBC RRSP or to pay down an RBC loan or line of credit. It's another way our customers can use points to extend their purchasing power."

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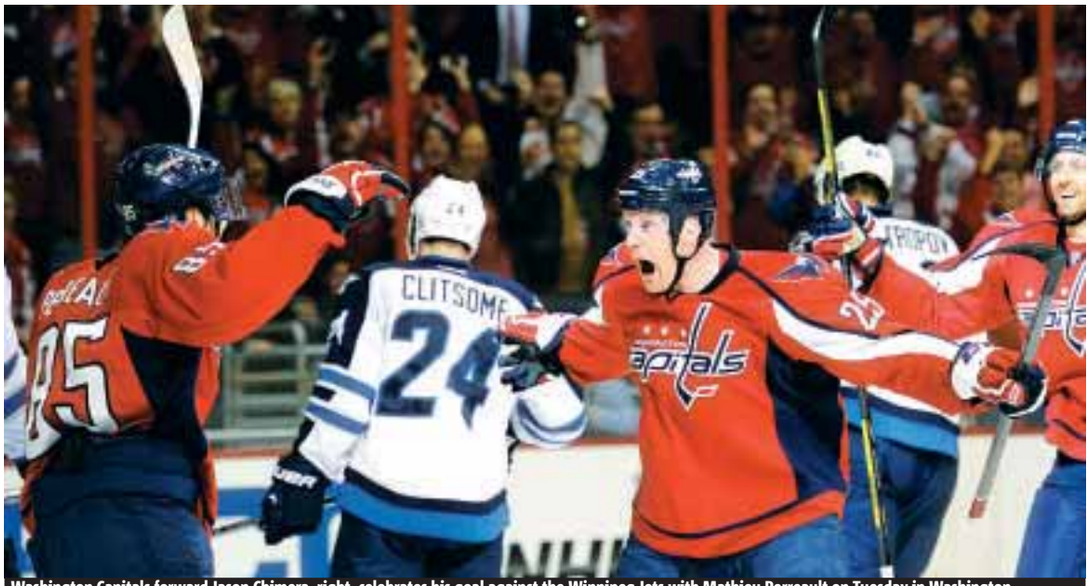

Washington Capitals forward Jason Chimera, right, celebrates his goal against the Winnipeg Jets with Mathieu Perreault on Tuesday in Washington. The Capitals won 5-3, clinching the Southeast Division title in the process. NICK WASS/THE ASSOCIATED PRESS

Washington caps major turnaround

NHL. Capitals win Southeast Division title with victory over Jets; Winnipeg's playoff hopes on life-support

Surely, if the Washington Capitals were going to make the playoffs, it would come down to the wire. Their start was so terrible that even an optimistic die-hard would figure that, with the right breaks, perhaps they could steal a berth in the final game of the regular season.

Yet here they are, post-season-bound with two games to spare, quite the achievement for Alex Ovechkin and first-year coach Adam Oates. Tuesday night's 5-3 win over the Winnipeg Jets clinched the Southeast Division for the Capitals, who were next-to-last in the Eastern Conference as recently as March 21.

"I remember 20 games ago looking at the schedule," said Mathieu Perreault, one of five Capitals to score a goal on Tuesday. "Like, 'Man, we're probably going to have to go 16-4 to get in' — and basically did it. It almost looked impossible if you look back 20 games, but this team has got so much character, and they found a way to do it."

On Tuesday

Capitals	Jets
5	3

They're in the playoffs for the sixth consecutive season, a run that includes five Southeast titles. As a bonus, they will leapfrog several teams with better records and enter the playoffs as the conference's No. 3 seed for winning their division, even if it is the weakest division in the NHL.

"We had a lousy start," Oates said. "And I don't think many of us thought we would come this far. But we obviously put some really good hockey together, and the guys have grown and it's obviously a good feeling right now."

The loss keeps the Jets in ninth place in the East, one spot away from the playoffs but with slim chances of moving up because they have only one game remaining. They trail the New York Rangers and Ottawa Senators by one point, but the Rangers have two games left and the Senators have three.

THE ASSOCIATED PRESS

Hockey

Contact dropped at Telus Cup

Julien Gauthier scored and added three assists as the Rousseau Royal de Laval-Montreal routed the Saskatoon Contacts 7-0 Tuesday for its first win at Telus Cup national midget hockey championship.

Kevin Domingue and Joel Giguere added two goals apiece for Laval-Montreal (0-1), while Massimo Carozza, with a goal and two assists, and Gael-Mukeba Lubwele also scored. Sacha Guay added two helpers.

The Contacts' loss was the worst by a West region team since the Winnipeg Thrashers were handed a 12-5 defeat by the Vancouver NW Giants at the 2011 tournament. The Thrashers went on to win the gold medal. THE CANADIAN PRESS

NFL

Security beefed up for draft in NYC

The NFL is increasing security for this week's draft at Radio City Music Hall, with everyone subject to screenings, including use of metal detectors and pat-downs and searches of personal property.

Even league officials, players and their families will be subject to such measures.

The league said Tuesday that spectators who don't consent to the security requirements will be refused admission. The draft begins Thursday night and has sessions Friday night and Saturday afternoon.

All sports events have ramped up security since the Boston Marathon bombings last week.

THE ASSOCIATED PRESS

Stadium delays cost Bombers over $700K

Winnipeg Blue Bombers Steve Morley, left, and Kenny Mainor wave goodbye to the fans after the last game at Canad Inns Stadium on Nov. 3. THE CANADIAN PRESS FILE

Even a $758,307 loss posted by the Blue Bombers last year couldn't keep Garth Buchko from being an optimist.

The team's president and chief executive officer announced Tuesday the CFL club had an overall operating profit of $726,930 last year wiped out mainly because of delays in building the new $200-million Investors Group Field.

Windy and frigid weather were factors in stadium development costs unexpectedly adding a $1.05-million bill, while the team also took a $434,287 hit for writing down Canad Inns Stadium assets that couldn't be taken to the new 33,500-seat facility on the University of Manitoba campus.

"Looking back at 2012, it is easy to identify the disappointments we experienced," Buchko said.

"However, at the risk of being called an optimist, which I certainly am, you can't build a world-class facility and team by focusing on the past."

Buchko, who was criticized last year for announcing opening dates for the new stadium then having to cancel games at the new facility all together in June, said its doors will open next month.

THE CANADIAN PRESS

Hoping for better days

Last year's loss was a sharp turnabout from the 2011 financial report, which saw the Bombers take in $3.01 million in net earnings from operations and an overall net profit of $2.3 million.

- Team president Garth Buchko is hoping the Bombers can improve on 2012's 6-12 record because if they don't, it could cost the club in the pocketbook again.

Check up vital on pacy R8

Second Gear.
2010 to 2012
Audi R8

JUSTIN PRITCHARD
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When Audi's mid-engine R8 performance car hit the road in 2009, it was pasted in poster form onto the bedroom walls of drooling teenaged car-buffs around the globe while earning a reputation for being an extreme performance machine with incredible driving dynamics and every-day usability.

Feature content included navigation, a Bang and Olufsen stereo system, Bluetooth, MMI Interface, driver computer, heated leather and plenty more. A backup camera with distance sensors was available, too. All models are two-seaters with a trunk in the front and a V8 or V10 engine in the middle.

PHOTO: HANDOUT

Common Issues

Start your visit with a used R8 candidate by inspecting the vehicle's tires and brakes. Ensure the seller isn't passing off a set of rubber or brake pads and rotors that are in need of replacement. A tire tread-depth gauge can help. Squealing brakes are a sign of wear and a mechanical inspection at an Audi dealer should be considered mandatory.

Check all interior electronics twice — paying attention to the MMI system and ensuring it activates, boots up and manipulates various functions properly. Ensure no "check engine" or "service vehicle" notifications are present in the instrument cluster. Shift the manual transmission quickly, ensuring the clutch "bites" hard, and works without slippage. Some owners report electronic dialing-back of engine power when shifting quickly if the clutch is slipping, which is intended to increase durability. Finally, inspect the R8's paint for signs of blotchiness.

Engine

This range-topping Audi got Quattro AWD teamed to a 4.2 litre, 420-horsepower V8 and a six-speed manual transmission as standard kit. Shoppers could opt for an up-level V10 engine, which bumped displacement to 5.2 litres and horsepower to 525. An "R-Tronic" auto-clutch gearbox was available on both models.

What owners like

Owners love the exclusivity, style, performance and bragging-rights that come as part of the R8's package. Ease of entry and exit and an everyday-comfortable ride are noted.

What owners dislike

Limited cargo storage and a sometimes-fussy MMI interface are among the most common owner complaints.

Verdict

Reliability information is largely inconclusive on used R8 models in the first half of this generation — though they are a hot item in the used market nonetheless. Opt for a model with as much of its factory warranty remaining as possible to be safe. Extended warranty, if available, may protect against high repair bills down the line, too.

Time to fix your bad car-care habits

Five useful tips.
Follow these pieces of advice to improve the longevity of your vehicle and save cash

Breaking bad habits can be hard, especially if you don't even know you have one. It's the same when it comes to car care.

Many of us aren't aware when we commit a car-care faux pas which could affect the look and longevity of our vehicle. Autoglym, a company specializing in car care products, offers the following advice to correct some common bad habits:

1. Clean your car consistently throughout the year.
Create a routine and set a specific day to wash your vehicle. Washing your car at least once or twice a month is recommended to maintain a superior finish.

2. Don't skip the polish and wax.
If you fail to polish and wax your car every few months, opting only to wash it, you're only doing half the job — so make sure you do it right. Combining the polishing and waxing steps every few months are essential for your car's care. Polishing is an important step to repair and revive your car's shine, while waxing protects your car's paintwork against environmental factors and weather conditions. A quick way to maintain your wax on the go is to apply Autoglym's Aqua Wax. With this, there's no need to dry your car after washing, saving you time and effort.

3. Make sure to clean your tires.
Cleaning your wheels is a quick and easy way to improve the overall look of your car. Not only does it make them look great, but regular cleaning prevents the build-up of brake dust, which if left will become difficult to remove. Don't neglect your tires either — a high quality dressing will refresh old rubber, leaving it like new.

4. A little elbow grease in the undercarriage goes a long way
It's not just about the paint — clean the undercarriage of your car frequently. If you don't, rusting won't be your only problem, as the metal in your frame can become brittle and lead to an expensive bill on your next safety inspection.

5. Deal with the problem spots immediately
Don't leave cleaning bird droppings and dirt until later, as these problem spots will become harder to remove the longer you leave them on your car. Tree sap is particularly damaging, as it dries very hard and attaches itself to your car with a tar-like bond.

NEWS CANADA

Regular cleaning will help. NEWS CANADA

Designers to China: You have our attention

Autopilot. The huge Chinese vehicle market will, inevitably, influence what ends up on our roads

AUTO PILOT
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The Nissan Friend-ME debuted at this week's Shanghai auto show to possibly woo the world's largest cohort — the 240 million (mostly male) Chinese born in the 1980s, known as the "Balinghou." HANDOUT

The Shanghai motor show on this week further confirms the importance of the Chinese market to today's global automakers.

They showed up in droves bearing metaphorical boxes of chocolates and actual concepts and production cars. And why wouldn't they?

Good to be big

China is by far the single largest vehicle market in the world — selling more than 20 million units a year. The next biggest market, the U.S., is about 15 million. GM sells more vehicles in China (about 2.8 million) than it does in America.

Size is just one thing. Potential is another. In the U.S. there are currently 800 cars for every 1,000 people. That's one saturated market. In China, it's currently about 50 to 80 vehicles per every 1,000 people. That's upside with hot sauce. In five years China's annual market is expected to top 35 million units.

It's a free for all

And what's making automakers even more crazy about China is that the market is still up for grabs. No dominant player. Lots of domestic and foreign players investing in production and retail facilities. Lots of current and future segment races to be won and lost.

Driving the design bus

Net result: A massive amount of intellectual and monetary design capital is being focused on China at the moment, and that will reverberate across all global markets.

This is not to say that the Chinese market will darken the design light in other markets, only that what's going on in China will surely influence global design trends. There's no way it can't.

At the very least, we here in the North American market get to "yea or nay" automotive designs that are already fleshed out and/or contemplated for China.

Take for example the Nissan Friend-ME concept, which had its world debut at Shanghai. Nissan says it has been expressly designed to appeal to the world's largest single market demographic — the approximately 240 million Chinese born in the 1980s, tagged as the "Balinghou."

Because of China's "one child" policy, the majority of the Balinghou demographic are males without siblings. They are in their mid-20s now and ready to buy. (They might be somewhat over parented too, but let's not go there today.)

"Clearly, their tastes will shape automotive trends worldwide for decades to come," said Nissan's product strategy chief, Francois Bancon, in a press release.

Because they grew up without siblings, and leisure time with peers is treasured, Nissan figured the Friend-Me could give these Balinghou males a private-yet-connected space to hang out with peers, and a "balanced" design that allows them to "stand out" and "fit in" at the same time. And speaking to China's growing urbanity, another aim of the design is to be a "confident creature of the night, meant to be seen in bright city lights."

I don't know how much you, or I, have in common with a 20-something male in China, who has no siblings but loads of personal and familial expectations, but it you watch automotive design over the next few years, we might find out.

Complex car components can be costly

Driving force. Auto parts: The more they make, the less they cost

JIL MCINTOSH
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A car may be expensive to buy, but it's also expensive to build. In addition to the cost of raw materials, plant overhead and labour, automakers also have to consider the design and development of each component.

"Before we stamp out the first part, there are significant costs associated with design, product validation, capital equipment and tooling that must be paid for up front, or agreed to be amortized across the production run," says Patrick Kinsie, executive director of global business development for Multimatic Inc., which makes various parts for several auto companies.

While simple parts will have relatively smaller start-up costs, the price for complex ones can be astronomical. Developing a completely new engine or transmission can be as much as $500 million to $1 billion.

Quoted

"There are companies that run profits making a handful of hand-built engines, but they charge a much higher price for them."

Patrick Kinsie, executive director of global business development for Multimatic Inc..

Car companies spread these enormous costs over volume production, including numerous variants. An engine design may stick around for some 15 years, with engineers creating new or differently-sized engines based on its architecture. There will still be considerable cost involved for these, but it will be much less than starting from scratch.

Vehicle platforms are designed so they can be used to create several new models with common componentry, spreading the initial cost and recouping it as soon as possible.

Depending on the part, automakers may produce it in-house or work with independent suppliers. There are many ways these companies work together, including the car manufacturer handing over a production-ready design for the supplier to build, or providing the size and performance requirements and having the supplier design and develop it, known in the trade as full black-box design.

New designs are initially made into prototypes to make sure they'll work properly, and if they're structural, they will need to be crash-tested. Once the parts are validated, expensive dies are made to stamp them out in large quantities.

"There are companies that run profits making a handful of hand-built engines, but they charge a much higher price for them," Kinsie says. "In a mainstream vehicle, the automaker will want to make it in the millions to get that unit amortization down to a reasonable level."

Methods used

Automakers often use generic parts from suppliers for much of their hardware, such as window motors or trunk hinges, but use proprietary parts for differentiation in powertrain and design.

- **Working together.** Some car companies work jointly on major projects, such as the "world engines" designed by Chrysler, Hyundai and Mitsubishi, spreading the cost of the basic architecture.
- **Standards.** Global vehicles sold in Canada must meet federal requirements, including safety standards, metric instruments and bilingual labels and manuals, which add to their cost.

The production line at parts company Multimatic Inc. PHOTO FROM MULTIMATIC INC.

Horoscopes

♈ Aries
March 21 - April 20
Think before you act and resist the urge to be provocative. You may think you can get away with just about anything but that isn't true, and will be even less true as the week goes on.

♉ Taurus
April 21 - May 21
You would like to make an intelligent assessment of a situation but how can you when the facts are confusing? Don't worry. A few days from now everything will be clear and you'll know what to do.

♊ Gemini
May 22 - June 21
Today's link between Jupiter in your sign and your ruling planet Mercury will encourage you to see things in a more open and optimistic fashion. Life is as good as you want to make it, today and every day.

♋ Cancer
June 22 - July 23
Take care when dealing with people in positions of power because some of them are in a touchy mood. Wherever possible, keep a distance between you.

♌ Leo
July 24 - Aug. 23
You may have strong opinions about certain issues but if you are smart, you won't make a big deal of them. Even if facts and figures are on your side just keep quiet and let others argue among themselves.

♍ Virgo
Aug. 24 - Sept. 23
You will say too much today. With your ruler Mercury nicely linked to Jupiter, planet of excess, you just can't keep your mouth shut. And why should you when you're right?

♎ Libra
Sept. 24 - Oct. 23
According to the planets, you are in the mood to say and do things that shock. That's OK but make sure you know what the possible consequences could be, especially the financial consequences.

♏ Scorpio
Oct. 24 - Nov. 22
You may be feeling quietly confident about your chances but if you are wise you won't take anything for granted over the next 48 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Honesty is your best policy today, even if it means telling a friend something they may not want to hear. Jupiter, your ruler, will help you say it in a way that doesn't hurt their feelings.

♑ Capricorn
Dec. 22 - Jan. 20
If it feels right to make a snap decision today then do so. Even if you are acting on limited information there is every chance you will reach the right conclusion, and maybe hit the jackpot financially too.

♒ Aquarius
Jan. 21 - Feb. 19
You need to make a decision about your work but you are torn between two different approaches. How do you resolve this dilemma? A second opinion will help you establish your own opinion.

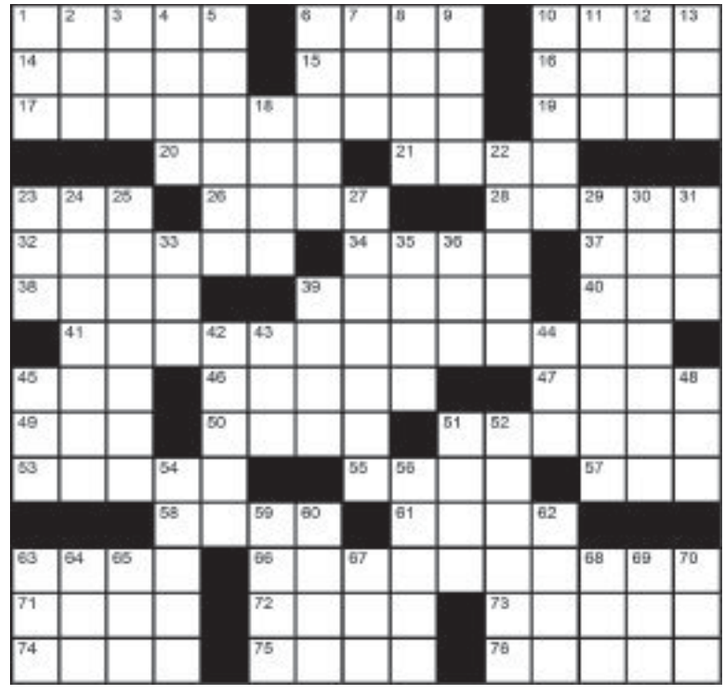
♓ Pisces
Feb. 20 - March 20
You will need to put on a brave face, especially if you get news that seems to be the opposite of what you were hoping to hear. The key word there is "seems", because most likely it is good news.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



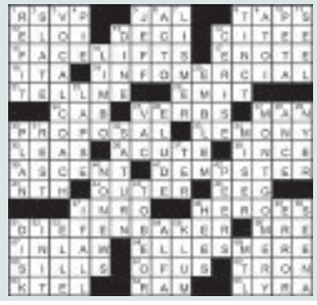
Across

1. "__ I Say" by Ray Charles
6. Cooking amt.
10. Shania Twain's "I __ No Quitter"
14. "Well, golly!!"
15. Competed, __ _ race
16. Midday
17. Movie re-viewer: 2 wds.
19. Fair
20. Gull-like bird
21. Money in Mexico
23. World Series org.
26. Finales
28. __, Oklahoma
32. Tenner, in time
34. Scotch stuff; it's sticky
37. Job, for short
38. Chat
39. "Rio" band, when doubled
40. Rocker Mr. Adams, to pals
41. Who writes Metro's In Focus column?: 2 wds.
45. 6's phone letters
46. Ornamental containers
47. Base
49. Eggs come in one [abbr.]
50. San __, Italy
51. Fabric softener brand
53. Fashion mag
55. Unaccompanied
57. Greek alphabet's 17th letter
58. Drawn dog
61. Dove sounds
63. Canadian telecom company
66. On-camera acting audition: 2 wds.
71. Seed's protector
72. 'Bulg' add-on
(Country in Europe)
73. "Best _ __ Had" by Drake
74. Count on
75. Trevor __ (Tony-winning Cats director)
76. Antique-style water carriers

Down

1. Panda-symbol org.
2. Masses, with Polloi
3. Pointy tool
4. Canadian coffee chain, affectionately
5. Like some back-yards
6. Set of three
7. Ghost's pet
8. Cut
9. Walking speed
10. Variety of pear
11. Promise to pay
12. Yeses opposites
13. AC/DC song: "_-_-_"
18. Written†symbol of yore
22. Shorthand, shortly
23. Summer hrs. in Alberta
24. Foo Fighters song: "____ Fly"
25. CFL players in the West: acronym + wd.
27. MGM and Para-mount, and others
29. East Coast catch
30. Newfoundland rum
31. 'Delic' suffix
33. US dog org.
35. Bows
36. __ excellence
39. Snare, for one
42. Bible king
43. 'Passion' suffix
44. Function
45. 1200 in ancient Rome
48. Tip to 'pia' (Near-sightedness)
51. Ice mass
52. Canuck coin
54. Canadian actress Ms. Parker
56. "Caribbean Queen" singer Billy
59. "This __ __ un-expected surprise!"
60. Light brown
62. K-__ ('Twilight' flicks actress, nick-named)
63. Chocolate __
64. Earlier, olde-style
65. Abner of comics
67. Tin Tin's lead-in
68. Adam and __
69. Religious address, briefly
70. Mr. Knight's, formerly of "Grey's Anatomy"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	5		
			3	8		6		
3	7	8				9		
6			2		1		4	
	2						6	
	9		8		3			5
		4				1	5	7
		2		9	4			
		6	5					

Yesterday's Sudoku

9	3	1	2	5	4	8	7	6
2	4	8	7	6	1	5	9	3
6	5	7	9	3	8	1	2	4
1	7	2	6	9	5	4	3	8
3	8	6	4	1	2	9	5	7
5	9	4	8	7	3	2	6	1
7	6	5	1	4	9	3	8	2
4	2	3	5	8	7	6	1	9
8	1	9	3	2	6	7	4	5

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